

MOTOR ACTIVITY - CONSTITUTES A HEALTHY STUDENTS OF NUPh

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Introduction. Modern students are marked negative trends in health status, only 2-3% of young people have a high level of somatic health, most of the students are experiencing emotional stress, do not comply with the basic foundations of a healthy lifestyle. Development of physical activity is necessary for the body to prevent age-related muscle atrophy, however, not all students understand it.

Aim. We have to study the attitude of students 1-5 courses NUPh to motor activity as a component of health.

Materials and methods. Drawing up the questionnaire, conducted a straw poll among domestic and foreign students NUPh.

Results and discussion. The survey showed that the vast majority of domestic students in their spare time practicing passive leisure activities: spend a lot of time on the computer, listening to music, chatting on the Internet. Only 6% of the students do exercises, 63% do not regularly attend classes in physical education, but 27% to 43% of domestic students of 1-2 courses are regularly engaged in sports sections NUPh. From the 3rd year, this figure is reduced. The girls prefer to dance (33%), boys - football and gyms (37%). Among foreign students: boys actively attend gyms, football section - up to 67% of girls in this respect passive. Formed levels of physical activity among students: low (system physical activity manifested on physical training), medium (active students in the classroom with an interest in healthy lifestyles) and the highest (active students in the classroom, visit the section).

Conclusions. The results of the survey of domestic and foreign students. The level of physical activity of domestic students from course to course decreases, foreign students remains at the same level. Based on the survey data compiled recommendations to encourage and increase motor activity of students in the learning process at the university.